

# Union Church Newsletter-May 2019



## **From your Pastor...**

Today is a rare day with the sun shining in May! Despite the clouds and rain, I love this time of year. The grass is greening and the lovely flowering trees are blooming as well as the daffodils and tulips. The colors are rich and beautiful.

We've had a busy springtime from Lent and into this Easter Season at church. Some of our activities will be shared later in this newsletter with some nice photos as well. I am deeply grateful for the generosity of time and energy that so many in our church share. We are so lucky to be a community of faith.

It was two years ago in early May that I first visited Union Church to share a Sermon which led to my serving as Pastor which began that September. I continue to feel so grateful for this incredible church and all of you, members, friends, and summer visitors who grace us with your presence and your love. It is a special place. I hope that as we head into the summer season ahead that each of you will try to allow yourself the time to really enjoy these beautiful days, to take walks on the beach or in the woods, to enjoy all of the ways that our surroundings invite us to pause and be.

I wish you joy, peace, and hope in the days ahead.

Blessings,

Paula

Pastor, Union Church

### **Some thoughts and News Notes from the Moderator**

By Paul Schlaver

Even though the steady run of chilly, rainy days seems to be continuing indefinitely we must remain hopefully that the May flowers will manage to show their beauty and that one of these days it will be possible to start planting vegetables!

We were not able to hold the Easter Sunrise Service this year but you can start enjoying the small piece of Union Church property as it has recently been weeded and groomed some in anticipation the bustle of kids playing outside after church service and to

please our eyes as we walk up the front steps and pathway. Also, the Remembrance Garden will soon have the names of those with cremains place there etched in the stone. A brochure and “application” form is soon to be printed for people considering adding love ones there in the future. The plan is to keep this garden well groomed, planted with simplicity and reverence so reflection and contemplation can be the order of the day when visiting the Remembrance Garden.

On Sunday June 23<sup>rd</sup> we will hold the semi-annual meeting required by the Union Church Constitution. The main agenda item will be to install some new people in various church leadership positions and to honor those long serving members of our church family than have so giving their time and spirit to make our church be such a success and meaningful place for us all. Pastor Paula will be the lead member of the leadership team offering reports on the past six months and upcoming months at Union Church. Ada Goff, our long serving devoted treasurer will offer her last report as she passes that task on to our next treasurer. Debbie Lamb has agreed to take over the Treasurer duties starting in July!

Soon our snow birds will return from their winter abodes and rejoin us to share in the bustle of activities here and the joy of Sunday Worship at Union Church. As the road sign now says as you enter Maine, “*Welcome Home.*”

## **With Gratitude...**

**Our wonderful musician, Michelle Currie, returned on May 5<sup>th</sup> after undergoing back surgery in January, followed by months of Physical Therapy. She expressed her incredible gratitude to everyone in the community and gave special thanks to all of the musicians and singers who had helped with music during her absence. It was a joyful day for everyone as she was welcomed back. The folks who were hosting coffee hour that day made it special by wearing Michelle's signature color, red, and bringing a beautiful cake to share as part of the celebration.**



**Shown here are Sara, Hannah, Jan, Michelle, Amy, Barbie and Ned. Others on the team but not in the photo include Ed and Denise.**

## **And Words of Gratitude from Others in the Community**

*Dear Church Family,*

*There has been such an outpouring of love, support and prayers for me following my recent operation that Rev. Paula has consented to my thanking you all in this newsletter. Nancy and I looked all our lives for a faith community such as this one, and I feel it's only through the grace of God that we found you. I can never adequately thank you all for everything that you've done for me in this latest trial. By your power of example, I pray that I may be as generous and open-hearted to you should the need arise, as you have been to me.*

*Love Tom Bancroft*

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*My appreciation and great thanks is expressed for all of your prayers, telephone calls, visits, cards, and encouragement throughout my recent health challenge. It is wonderful to be a part of such a caring church family.*

*My love to all,*

*Lamar*

To my Union Church family,

Many years ago, I was fortunate to be a popular high school student. Everyone knew me. There was no one I wouldn't give my time to. And even though I was part of the "in crowd," I also had close friends who mattered very much to me, whether they were considered popular or not. We were all friends as far as I was concerned.

Much to my surprise (and chagrin!) in tenth grade, I was nominated to become the Sophomore "King" during what was called School Spirit Week, in which each class competed to show who had the most spirit. Eventually I was elected. I was more than frightened now! I was now truly petrified!

As class King, I knew that one of my responsibilities during this week of competition was to give a huge oration to the entire school of 1,000 students, faculty and administration in an assembly. This was my first "trial by fire " speaking engagement of my life.

The day finally came at school for each class leader to speak. I think my whole body shook as it got closer to my turn to get up there on stage and speak. I knew I needed to have the courage to do this and not run away from it but courage just seemed elusive. As I heard each class cheer on its respective leader, I thought I would never live this down.

Finally, the moment came. They announced my name. As I approached the podium, trembling and out of breath, it seemed the whole school suddenly ignited with cheering and whistling and whooping. And as I got closer to the podium, the cheering

got even louder. I hadn't even spoken yet and it seemed that the entire school was going wild. The sound was deafening. I could not even hear myself think.

I finally looked up from the podium and began. Each time I said anything at all, it was met with the same deafening cheers - over and over! At this rate I thought I would never get through the whole speech. It took me a moment or two but what I began to realize in those minutes up there in front of the school was that this was not about me. This was about school spirit.

My first real life lesson in courage came with this event. I discovered this: Courage is not always apparent or available or mobilized within us. But we can draw courage from the support of those around us. Our supporters teach us that it is okay to be afraid because their faith and support will carry us when we need to be carried.

That is what happened to me that day in tenth grade. My class, and even the whole school, gave me power and confidence, courage and voice. I walked off that stage a changed person.

Many years later, this last March, I was in a terrible auto accident. It was also my first. I had no idea at the time what would become of me but before the rescue team showed up, I looked around the car amidst the broken glass and emptied air bags and such, and I saw my wife Cheryl and daughter Sasha relatively unscathed, mostly shaken up and worried about me, as I was about them.

They took me to the hospital. We were scheduled to play music the next morning for our lovely Union Church family. That first night I begged the doctors to try and figure out a way to prop me up for a few hours so Cheryl and I could play our scheduled music that next morning. Their response was very clear, "You're not going anywhere!" It killed me to text Michelle and let her know that we couldn't make it that next morning and that we were very, very sorry.

In the ensuing days I was made aware of the severity of my injuries and spent just short of two weeks in the hospital and rehab facility before coming home for a long-term recovery. It was in that two weeks that I heard that deafening cheer all over again. I was truly humbled by the support of my family and the countless cards and visits and texts from my beloved Union Church family. The cards just kept coming. The people just kept appearing.

Courage? It was everywhere! It was in the faces and the presence and cards and the words of all of these lovely people who, once again in my life, were cheering me on! How could I not have courage!

Union Church family...Cheryl and I have been involved with various churches over the years. We came into the lives of the Union Church folks through the doorway of music. I guess you could say music is our language of love and caring and support and spirituality. What we discovered is that the Union Church family has a very rare and special quality. The people here at the Church always have their arms out to greet you and help you



and guide you and nurture you. This is a very precious and we both feel proud and blessed to be part of this lovely energy.

With the accident, it didn't take long for me to reacquaint myself with what's important in life. And even well before I returned home, I was focused less on my injuries and far more on the many blessings I have been given. For this I am very thankful. Thank you, Union Church family all for caring, for reaching out, and for the courage you all infused in me!

With love and gratitude,

Your Neal Zweig

### **From the Deacons by Katie Koles**

We will be ordering new Pew Bibles and plan to have them in place by the end of June. People will have the opportunity to purchase a Bible to honor or memorialize someone. We will have a book plate in front as we do in the hymnals. In order that all have a chance to participate, we ask that anyone who wishes to donate more than one Bible might wait to allow as many people to sponsor a Bible as there is interest. The cost will be between \$16-\$20 for the smaller bibles and approximately \$60 for the large print editions. I will be able to obtain the exact cost at the time of ordering.

We will ensure that the names memorialized in our current Bibles will be carried forward in some manner yet to be determined. Thank you to Sandy Ragan for suggesting this at our last semi-annual church meeting. More to come in the near future!

## The Season of Lent



Our lovely church in Lent

Photo by Nancy Bernier

Pastor Paula suggested that we fast in a new way this Lenten Season—to fast from “worry and hurry.” We were invited to create a physical sacred space in our homes for prayer and reflection. AND we were invited to set aside time to simply be reflective and contemplative.

At our Ash Wednesday Service, we gathered for a reflective Service and we introduced the themes of Lent. Stephen Fox had created a lovely wooden box that we placed on our Communion Table and people were invited to write down their worries and place them in the “God Box,” inviting God to carry them for us and allowing us to try to let them go. We also had a Prayer Chair, donated by Beth

Baskin, and through the weeks of Lent, Paula would offer prayers from the chair and invite some time of quiet reflection during each Service. We also offered ashes at the Service to mark the beginning of Lent.

Each week, our readings invited us to walk further into the desert as Jesus did when He needed a quiet place and space to pray. At worship, we had the opportunity to symbolically place our burdens in the God Box (beautifully crafted by Steven Fox).

Additionally, a small group, including Jen Comeau, Beth Baskin, Anne Murray and Pastor Paula, helped organize some Lenten practices to invite a Carbon Fast as well. Each week during Lent, folks were invited on a quiet walk outdoors, whether at the beach or on paths in the woods to participate in what the Japanese have called “Forest Bathing” which is the healing that may come by taking time to be present through all of our senses to the gifts of nature. The film, *Call of the Trees*, was shown at UNE on Thursday evening, April 11<sup>th</sup> as a collaboration between Union Church and the E.C.O. Environmental Club at the university. The turnout was very good, with many from our church helping support the effort by attending and through donations of popcorn and water. \$535 was raised to donate to TreeSisters, an organization which supports women in planting trees around the world. ([www.treesisters.org](http://www.treesisters.org))



Sing for the Trees with Jen Comeau - #SingfortheTrees Jen helped organize this event as a way to raise awareness about the importance of our trees and forests, and when faithful friends showed up to share songs, everyone felt the happiness of being together.. The trees agree.

### **Welcoming New Members**



We happily welcomed two new members to our Union Church family in late March. Louise Merriman (left) and Sue Murphy (right). Photo by Katie Koles.

## **Lenten Gathering**

During the Season of Lent, Rev. Jan Hryniewicz generously shared her gifts by offering a retreat called Come, Gather Together, Linger In the Light, which was held at the BPCC in early April. The morning included Lenten reflections with Mary Oliver, John Denver and more. Everyone found the morning very meaningful.



**At the retreat, participants were invited to visit each of the lovely sacred spaces for contemplation.**



## **A Seder**

Our Jewish neighbors from Etz Chaim Synagogue in Biddeford invited churches from the community to attend a Model Seder for Passover led by the children of their congregation. Several members of our church attended. The ancient rituals of Passover were observed by Jesus and his disciples at the Last Supper and are reflected in our communion services.

## **Holy Week and Easter**

Maundy Thursday was an intimate and moving service. We had the traditional washing of the feet and then gathered around the Communion table to share Holy Communion. On Good Friday, the church was open from 12:00-3:00 for people to come to church and reflect upon our Lord's crucifixion and suffering.

While we were rained out from a Sunrise Service this year, many still gathered for the Easter breakfast at the BPCC. Our 10:00 AM service was joyful as we celebrated the resurrection of our Lord. The Service was well attended; the music was lovely, and together, we celebrated the joy and hope of Easter Morning. And, thanks to our talented members, everyone received a decorated Easter Egg. As always, our musicians excelled during this Lenten Season.



Easter Morning Breakfast



**Photo from Nancy Bernier**

A friend of mine once said that “Lent is a time to smooth out the rough edges of our lives”. My hope and prayer is that we continue our “fasting,” continue to unload the burdens and past sorrows which no longer serve us.

## Cinco de Mayo Gathering

**On Saturday evening May 4<sup>th</sup>, a large group gathered at the Firebarn in Biddeford Pool to enjoy conversation, delicious food and fun drinks. The room was festively decorated for the occasion and many wore sombreros or other Mexican attire. Thanks to the leadership of Eve and Peter McPheeters, a huge group of folks from Union Church helped with food preparation, set up and clean up. Eve and Peter spent their day creating the delicious meal and served more than 200 enchiladas to those who gathered. Over \$1300 was raised for the church.**







## **There's An App For That- Reflections by Stephen Fox**

Arrive without traveling

See all **without** looking

Do all without doing

## *The Inner Light*

George Harrison

A lovely mid-February day in Tampa, Florida. The time of year we have a respite from the unremitting heavy heat and humidity, the signature weather of central Florida ten months of the year. The sky a clear pale blue. Doors and windows are open, a windy day freshens the house interior from a long stretch of air conditioning. The wind, I am told by the TV **weatherman**, is blowing out of the distant east, off the west coast of Africa.

I watch my two dogs, Roxy, a venerable Golden Retriever and Ben, a slightly crazed Black Labrador, sitting in the backyard alert, eyes closed, noses cast high and twitching. Sensing the air, picking up molecules formed on another continent, particles of dust from unknown places and times forgotten, and carried across a wide ocean. Smells unknown, mixed with those familiar from next door and down the street. Their faces reveal a joy, a wonderment of experience. A windy day is a dog's vacation! They are traveling, and are, at the same time, there and here.

There's an app for that.

That day was some 20 years ago, and It remains with me still in my sense memory. That memory brings the past to the present, allowing it to be more than it was. Memory of that day and the lyrics from *The Inner Light* flow into a beginning of contemplation for me. My dogs lived these lines: Arrive without traveling. See all without looking. Do all without doing. I have struggled for years to understand these lyrics. Memory of my dogs is the app that tells me to forget understanding and live them. A simplicity of being.

The idea for “There’s an App For That” came about from a request by Kate Koles to the deacons for a contribution to the monthly newsletter. I hope I will be an occasional visitor to the newsletter with future installments of “There an App For That.”

By Stephen Fox

## Mission Committee News by Ken Murray



### Healthy Snacks for Children

During the last school year and this one, we have been collecting healthy snacks for the children in the ELL classroom at Biddeford Primary, most of whom are new residents of Maine and don't always have access to these items. We will

continue to take donations of these items throughout May and the first Sunday of June, after which we will take a break while school is out.



### In-a-Pinch

Union Church provided a supper meal for those who come to the In-a-Pinch Non-Food Pantry at Seeds of Hope on May 14. Paul Schlaver, Denise Kinney and Anita Coupe will be making shepherd's pie, with Anita's being a vegetarian option (which is becoming a more frequent request). Carol Sherman, Debbie Lamb and Liam Westley will be providing cookies or brownies. Denise, Heather, Ken and Debbie will take turns serving the program's guests.



### Saco Meals Program

The third Monday of January, February and April were all holidays. But our Union Church Third Monday Meatloaf Team will be making the Saco Meals Program each third Monday for the rest of the year. In the course of a year lots of volunteers take part, but more may be needed. Beth Baskin is our team leader this

year, and Cynthia Archibald rounds up the volunteers each month. If you would like to help, please speak to one of them.

## Knit Wits/Alternative Pathways Center

by Carol Sherman



## Knit Wits That Knit

As far as those Knit Wits that are actually knitting, we number only 3. We have not met as a “group” but continue to knit on our own. We still have plenty of yarn. We do have prayer shawls of all types (male, female, large, small) available at the Church Office. They are marked as to the type. I personally believe that prayer shawls make a difference to people that are hurting, and I will continue to knit.



## Knit Wits and Others That Volunteer at The Alternative Pathways Center

We have 5 people that are currently active volunteers at APC. Though small in numbers, I think we are mighty in value. We continue to go to APC twice a month. Recently we have had Bingo and Hot Popcorn with prizes; Texas Hold-Em with Tex-Mex food; Guiding Eyes for the Blind gave a presentation and brought 3 puppies. On May 8, Katherine Blaxter is going to introduce the students to Yoga. We are going to prepare smoothies for the students afterwards.

The students are going to have their own graduation ceremony and reception again this year. It will be at Biddeford Middle School. The date is Tuesday, June 4. Biscuits and Co is going to provide the food. The Knit Wits are going to decorate the tables and help out in any other way needed.

We plan to meet with Martha, the Director, in the summer to make plans for next year.

Carol Sherman

## **Summer Speaker Series**

### **Sponsorship Opportunities**

Thanks to lots of hard work by many people, we have a great line-up of authors for our 2019 Union Church Summer Speaker Series. We have also sold out all four events in advance and are taking names for a waiting list. The final piece in order to earn the revenue that funds our church mission outreach is selling ads for the Program Book. In addition to ads from area businesses and organizations, there are other sections of the book which aren't "sold" as such, but which someone could "sponsor" so that they, too, generate revenue for this worthy cause. These include the "Welcome to Union Church" page, the "Union Church Presents" pages (2), the "Eighteen Years of Distinguished Speakers" page, and the "Union Church Missions" pages (2). If you would like to consider sponsoring one of these pages, there is a sign-up sheet in the back of the church. Or you can contact Doug McCrae at [unionchurchbpool@gmail.com](mailto:unionchurchbpool@gmail.com).

## **Program Committee**



The 2019 Union Church Summer Speaker Series is set to go. We have a great lineup of authors this year, and the selling of tickets has begun. Reserve your tickets now.

Here is the information:

We have also begun contacting area businesses and organizations to ask them to purchase ad space in the 2019 Union Church Summer Speaker Series Program Book. This needs to be accomplished by the end of May. A number of Union Church folk are approaching advertisers who have supported us in the past, but if you would like to help them, or if you know of an organization that might like to become a new Program Book supporter, please

Union Church of Biddeford Pool Presents  
**SUMMER 2019 SPEAKER SERIES**  
FOUR FASCINATING SPEAKER EVENTS IN BIDDEFORD!

 **Andres Dubus III, Thursday July 11, NYT Best-Selling Author** What can be said about this paragon of writers? Dubus' *Gone So Long*, (Oct. 2018), was named on many "Best Books" lists, including "The Best Books of 2018", "Top 100", Amazon. This author of *The Cage Keeper and Other Stories*, *Bluesman*, and the New York Times bestsellers, *House of Sand and Fog*, and *The Garden of Last Days* returns with his charisma and wit.

 **Jessica Shattuck, Thursday July 25, Award-Winning Author** of *The Women in the Castle*, *The Hazards of Good Breeding*, a New York Times Notable Book and finalist for the PEN/Winship Award, and of *Perfect Life*. Shattuck's writing has appeared in *The New York Times*, *The New Yorker*, *Glamour*, *Wired*, and *The Believer*. A Harvard University graduate, she received her MFA from Columbia. She now lives with her husband and three children in Brookline, Massachusetts.

 **Wesley McNair, Thursday August 8, One of America's Finest Poets** Called, "one of the great storytellers of contemporary poetry," (poet Philip Levine), McNair has won grants from the Fulbright and Guggenheim foundations, two Rockefeller Fellowships, two NEA grants in creative writing, and an Emmy Award. Twice invited to read his poetry by the Library of Congress, he was recently selected for a United States Artists Fellowship as one of America's "finest living artists," and in 2015 was named as the recipient of the PEN New England Award for Literary Excellence in Poetry. His latest book of poetry is *The Unfastening*.

 **Kevin Gardner, Thursday, August 22, 40-Year Stone-Wall Builder, Award-Winning Performance Critic, and Author** of *Stone Building: How To Make New England Style Walls and Other Structures the Old Way*, (May 2017) and *The Granite Kiss: Traditions and Techniques of Building New England Stone Walls*. Kevin will build a dry stone wall as he speaks, a feat to behold.

**Doors Open 7PM. Limited Seating! Series Tickets on sale now. (\$50). Advance Single tickets on sale June 1, if available. (\$15) Contact Elaine Robinson, 283-1398, or [erobinson4@maine.rr.com](mailto:erobinson4@maine.rr.com).**

**Events held at Union Church, Stonecliff Road Biddeford Pool, ME 04006**  
All proceeds benefit primarily local missions (e.g., Seeds of Hope, Stone Soup Food Pantry, Ever After Mustang Rescue, Saco Meals)

Thank you Nonesuch Books of Biddeford for book sales and donations.

contact me as soon as possible at 494-9376 or [ktmurray1727@hotmail.com](mailto:ktmurray1727@hotmail.com).

A reminder: Revenue from ticket sales and advertising revenue provides most of the funds used to support the mission of Union Church in the wider community. Thank you to all who help in whatever way.

~ Ken Murray

### Other Events

The Program Committee, the Fellowship Committee and their helpers put on a fun Mardi Gras celebration in early March. And, by the time you read this, Peter and Eve and their team of volunteers will have hosted our Cinco de Mayo party. These events are great social occasions, and they help raise funds for church operations. Many thanks to all who help and all who participate.



#### OPPORTUNITIES TO SUPPORT BENEFIT WALK FOR SEEDS OF HOPE

– **JUNE 1 & 2:** It's not too late to register to walk in the two-day Hope 2-Day benefit for one of our mission partners, the Seeds of Hope Neighborhood Center in downtown Biddeford. Join Union Church walkers **Nancy Bancroft, Maureen White and Debbie Lamb** in the 20-mile walk (10 miles each day) in our beautiful Biddeford Pool, Fortunes Rocks, and Granite Point neighborhood. Or if walking isn't for you this year, would you consider sponsoring a walker? Each walker has pledged to try to raise \$800 – the cost of a week's worth of food at Seeds of Hope –and Nancy, Maureen and Debbie (and perhaps other walkers from Union Church?!) would warmly welcome your support!

**Sponsoring a walker** is easy to do: 1) go to [seedsofhope4me.org](http://seedsofhope4me.org), click on the "sponsor a walker" button, and write in the name or names of the walker(s) you'd like to sponsor OR write in "Union Church walkers" and your donation will be divided equally; or 2) write a check made out to "Seeds of Hope" and give it to one of the walkers. ***100% of your donations will directly support Seeds of Hope's programs and your donations are fully tax deductible.*** **To register for the walk,** just go to [seedsofhope4me.org](http://seedsofhope4me.org) and click on the "Register to walk here" link. **Thank you!**



## An amazing labor of Love-A Tender Bridge

By Sara Bloom

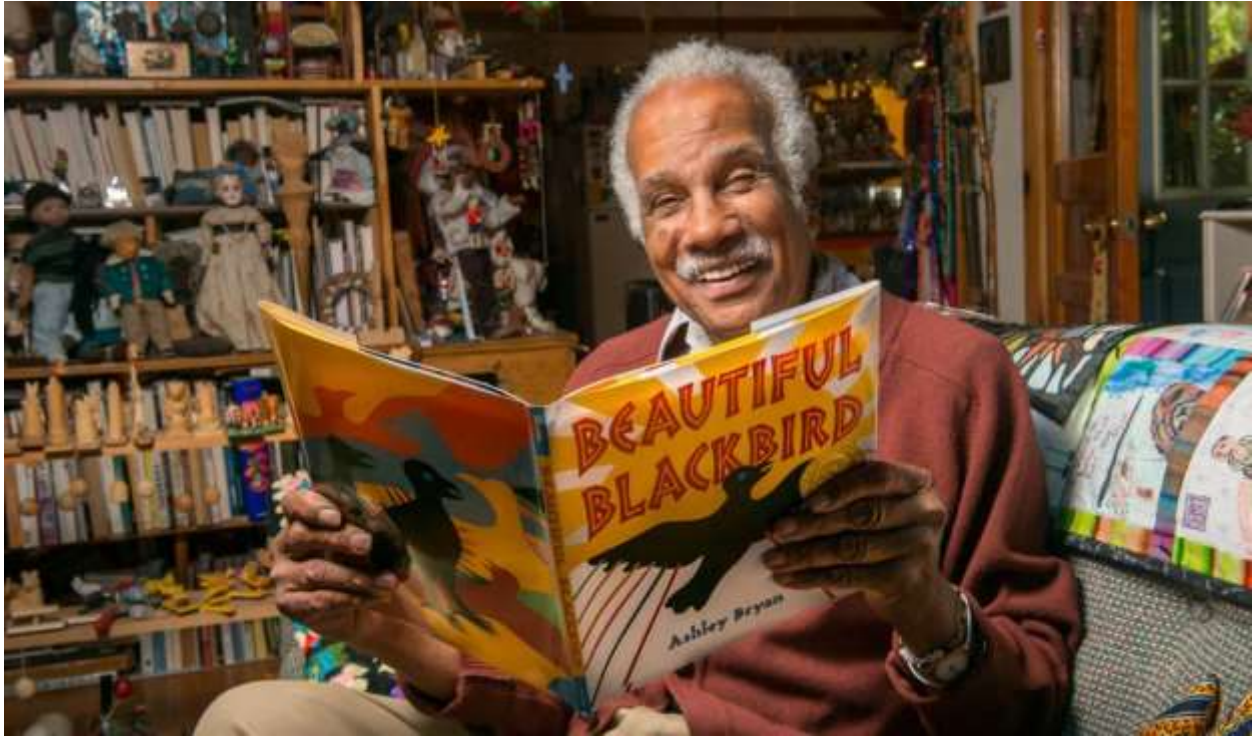


Photo of Ashley Bryan

Sara Bloom and Sandra Ragan continue work to set up across the nation and abroad a chain of 12 premieres of *A Tender Bridge—An African American Requiem* to take place over the next three years. The first ever written, this 90-minute work is now completed. Scored for orchestra, jazz ensemble, chorus, Gospel Choir, children's chorus, soloists, and evangelist, the *Requiem* is based on the poetry and prose of Maine's venerated African American poet, painter, puppeteer, and storyteller, Ashley Bryan and was composed in collaboration with Ashley by Maine's celebrated Aaron Robinson.

What is a Requiem historically?

What is the magnitude of having Ashley Bryan's *African American Requiem* composed for his people and the nation?

The Reverend Martin Luther King spoke of the “fierce urgency of now.” The *Requiem* took years to incubate but has arrived at this moment of urgency in America.

It is a labor of love to bring Ashley's message of Peace Love Joy Embrace of All People to influence the tone of our national conversation and evoke changes in the unacceptable policies that result from the ugly nature of that tone, a message delivered through the power of Aaron's music that combines the musical idioms of the African American community with the majesty of one of the greatest art forms of Western culture, the *Requiem*. It is symbolic that we have created a chain of premieres that stretches coast to coast. See a very different kind of chain: <https://m.youtube.com/watch?v=v2RWWXB8NIc>

Beyond the monetary reparation that is finally being discussed, the premise is that it is not enough to say that we are sorry for the brutality suffered by those African Americans who have passed. Rather, we must say Requiescat in pace. Rest in peace. The power of the *Requiem* is a deep and powerful apology.

And in making that gesture, as inadequate as it may be, at least we take a step forward as we go on to voice the regret that there are those who continue to suffer from racial bias, discrimination, hatred, and other forms of unacceptable behavior towards African Americans.

The special events held concurrently with the premieres are platforms for the discussion of realities and the opportunity to create solutions, buoyed and propelled by the power of the *Requiem*.

From its awe-inspiring opening with a Gospel choir chanting the Gregorian "Requiem Aeternam" in syncopated harmony with driving percussive undertones, to the Children's Choir singing an African chant a cappella, to the breath-taking storm that summons forth the Day of Judgment and wrath in "Dies Irae," to a glorious "Sanctus" set as a spirited Two-Step, *A Tender Bridge* reinvents the Requiem Mass as a new musical form that bridges theater, music

and literature into one uplifting, inspiring, and healing composition. The last five movements are where we experience Ashley Bryan's call to *Walk Together Children*, leading us In Paradisum.

While *A Tender Bridge* is spiritual, it is not connected in any way to a religion or a religious service and should be categorized more as philosophical.

Conductor Marin Alsop writes that "Britten's War Requiem asks us to think about what it is we ask people to do when we send them to war." Andrew Lloyd Webber composed his Requiem in memory of his father. John Harbison grappled with what he considers the staggering aspect of grief, the unrelenting march of time when composing his Requiem, which was commissioned and premiered by the Boston Symphony Orchestra in 2005.

In an interview for his alma mater, Cooper Union, Ashley Bryan explains that "we don't have a performance aspect to our poetry in Western culture." To introduce that element, Ashley spent his lifetime "performing" the poetry of Langston Hughes, his own, and that of other African Americans for hundreds and thousands of children and adults in libraries, including the Library of Congress in 2002, schools, and gatherings across the globe.

Ashley explains, "The arts are our weapon because just as we are all human, so we are all responsive aesthetically to being human. It's what the arts open up, this investing of one's life into trying to understand what it is to be."

Ashley's *African American Requiem* goes one step beyond and invests his life into trying to understand what it is to die, teaching us the profound belief that a tender bridge connects us.



Photo: mainemag.com

## **Seeking Volunteers**

We are looking for a card-writing “Angel” to support the birthday card ministry. Cards all made, we have stamps and a birthday list. Bonnie(mostly)and I are on this team. Would love your help to share in this dying art....(even a little “devil” is welcome) respond to Anne at mainesage@outlook.com or call 207-494-9376.

And, if anyone enjoys writing and editing, Pastor Paula would love help with the quarterly Newsletter. If you might have the time to gather the various articles, photos, and other submissions into a nice Newsletter, I’d love the support!

## **Alzheimer’s Research**

**Denise Kinney traveled to Washington to advocate for more funding for Alzheimer’s Research.**



Denise is shown second from the left





Denise, with her husband, Neal and other advocates

### **Thoughts on Ramadan as Muslims observe this sacred time...**

**May 5<sup>th</sup> to June 4<sup>th</sup>, 2019**

“The observance of Ramadan puts you in a mindset where you think about relationships with others, life, blessings, generosity; it settles you into appreciation,” notes our colleague and Fetzer program officer [Mohammed Mohammed](#).

*Through your experience of hunger and thirst, you value things that we often take for granted.*

In preparation, during the month leading up to Ramadan (*Sha’aban*), Mohammed says he and many others fast, which is also a common practice during the month following Ramadan (*Shawwal*—the winding down).

“It’s a month of ‘inner development’ as we say at Fetzer,” says Mohammed. “You feed your soul during Ramadan.”

Writing about the act of fasting in "[Spirit of Ramadan](#)," Mike Ghouse, president of the [Center for Pluralism](#) explains that “Consciousness of behavior and vigilance over action are the most profound dimensions of fasting:

*the fasting of the heart focuses on the attachment to the divine.*

That is when Ramadan really becomes a source of peace and solace... True fasting is self-purification; and from this, a rich inner life that brings about values such as justice, generosity, patience, kindness, forgiveness, mercy and empathy—values that are indispensable for the success of the community.”

As Muslims around the world begin the observance of Ramadan, it’s a great opportunity, whatever your religion or spiritual practice, to consider and engage in what helps you (re)discover the sacred, and what opens your hearts and minds.

Fetzer Institute

## **Here's the line up for the Good Energy Cafe in Ocean Park this summer.**

**Good Energy Café** – Enjoy musical performances, appetizers and fellowship, coffeehouse style. Led by different artists each session, all held at **Jordan Hall, 4:30-6:00 pm** (unless otherwise noted)



### **Monday, July 8th Roll and Go ...Sea Shanties at the Bandstand ( Raining? Jordan Hall**

Roll & Go is a Down east sea music group based in Portland, Maine. “We bring the great days of sail to vivid life in sea shanties and fo’c’sle songs, in a cappella harmony with banjo, guitar, penny whistle, washtub bass, and concertina accompaniment.” Roll & Go has

played the Mystic Sea Music Festival, the Great Schooner Race in Penobscot Bay, the Maine Festival, the Maine Maritime Museum in Bath, the Portsmouth Maritime Festival, the Pilgrim Museum & Monument in Provincetown, as well as many tall-ship special events and community concerts.

In 2002 they released their first CD, *Outward Bound*. Their second CD, *Rolling Down to Sailor town*, was released in 2006 and their most recent CD, *Look Out!*, was released in 2010.

**Eli Dale, Norris Dale, Charlie Ipcar, Jeff Logan**

### **Emerging Talent Monday, July 15**

Drop into Jordan Hall from 4:30- 6:00 to refresh your spirits and bodies with delicious snacks and delightful songs from some very talented emerging young musicians.... children and teens with some of their devoted mentors. The next generation speaks! (photo: Willem Cousineau)



**Monday, July 22 @ Joyce Andersen & Harvey Reid**



### **Harvey Reid** began jamming with bluegrass

legends while playing street music as a teenager with his friends, and attended local coffeehouses and open mikes which featured the rich DC acoustic music scene. In 1971 he enrolled at the University of Maryland to study abstract mathematics and French. He graduated

Magna Cum Laude in 1974, and spent the summer of 1974 traveling to bluegrass festivals and playing music constantly. He has made his living entirely as a musician since that time. In 1977 played his first paid gig at a bar in Washington D.C. That summer he formed the Harvey Reid Band, and toured New England, playing guitar, fiddle, banjo, and mandolin in the resorts and taverns. He ran a very successful open mike and music showcase there for several years.

In 1979 he moved to Portsmouth, New Hampshire to play the “blue-collar folk circuit”. Reid moved to Nashville in the winter of 1979, founded the Third Hand Capo Company, and published “A New Frontier in Guitar” a book that is the first documented work on the partial capo (and may well be the first desktop-published book in the world), which Reid pioneered. In 1983 he moved back to New Hampshire and began focusing on his own music, and began releasing a series of recordings that have brought him increasing attention in the acoustic music world. In 1989 his CD *Solo Guitar Sketchbook* launched his career as a national artist. He now lives in York, Maine with his family, and travels across the country and abroad to perform at concerts and festivals.

**Joyce Andersen** is a veteran musician who has enjoyed a varied 20-year career as side-gal, recording session player, singer-songwriter, violin troubadour, guitar player and bandleader. Her live shows and recordings showcase her versatility as a vocalist and violinist who thrives on writing and interpreting songs across many genres from old-time, rock & Americana, spirituals, folk, pop, & swing. Her original songs have been featured in “Sing Out” magazine, performed by a choirs in New England and even for Desmond Tutu in South Africa. Her solo violin troubadour performances, if you get the chance to see one,



## **On Addressing Climate Change, compiled by Beth Baskin**

*“In a world of more than seven billion people, each of us is a drop in the bucket. But with enough drops, we can fill any bucket.”* David Suzuki

Sometimes climate change seems too big a problem for any one person to tackle. This is one of the biggest psychological barriers that hinders action on climate change. But in fact we all can do something, and these contributions all add up. It is simply about each of us taking the time to ponder our own role and responsibility and taking steps, not just thinking about taking steps, to minimize the negative and maximize the positive in terms of our impact on Earth, beginning within our church, community and homes. People are more often influenced by friends than experts, so make sure to talk about climate change with friends and family. Tell your stories –about changes you have seen where you live, how climate change has affected you, and the changes you are making to lessen your impact.

“Baby steps” – no one is perfect and remember that small changes add up. Have fun!

### **TRAVELING**

- Use public transport to get to work and leisure activities.
- Carpool to get to work, or to get to events that friends are also attending.
- Share a car with your neighbors or friends.
- Reduce your car and plane travel for work – use teleconferencing.
- Reduce your vacation travel – take local holidays.
- Park your car at a friend’s house so it’s easy not to use it every day.
- Buy carbon offsets when you have to fly.
- If you really need a car, buy a smaller and more efficient one, or better still, an electric or hybrid vehicle. Replace your gas guzzler if you want, but don’t buy a second car.

- Put climate change stickers on your car or bike.
- Maintain your car with regular tune-ups and correct air pressure.
- Drive smoothly, avoid sudden acceleration.

## AT HOME

- Use less electricity and gas – buy energy-efficient light bulbs and appliances, turn off lights. 13. Insulate your house, starting with the roof space.
- Wear warm jumpers and thick socks in winter and turn down your heater thermostat in winter to 18 degrees or cooler.
- Cool yourself before you cool your home in summer and turn up your air conditioner thermostat to 24 degrees or warmer but try to just use a fan.
- Recycle everything you can.
- Follow a ‘climatarian’ diet - eat less sheep and beef (they produce most methane); compost your food waste.
- Drink more water instead of sodas; especially choose organic when purchasing these “Dirty Dozen”: peaches, strawberries, raspberries, apples, spinach nectarines, celery, pears, cherries, potatoes, bell peppers and peas
- Install solar power panels and solar hot water.
- Buy renewable energy.
- Plant trees in your garden and wherever you can. Grow your own fruit and vegetables.
- Use less water – time your showers, install rainwater tanks. See “Ways to Conserve Water” at [www.unionchurchme.com](http://www.unionchurchme.com)
- Put up signs on your garden fence or letterbox about climate change.
- If you're building, use an eco-friendly design and builder.
- Replace heating and cooling units with more efficient models.



- When you move houses, go small - prioritize energy efficiency and public transport.
- See <http://shrinkthatfootprint.com> for more ideas about reducing your energy use at home.

## AT WORK

- Join or form a green team at work.
- Ask your workplace to divest from companies that invest in fossil fuels.
- Develop a sustainability policy with guidelines for energy efficiency, paper use, procurement policies, catering, recycling, energy providers etc.
- Make your environmental values clear to your colleagues. Ride a bike or walk to work.
- Spend time in the natural places that you love.
- Notice the wild, natural world around you wherever you are.
- Spend time with others in nature or join a social group with a shared interest like tree planting, weed removal or bird watching.

## SHOPPING

- Buy less! Do you really need it?
- Walk or ride to the shops.
- Refuse plastic bags when you shop and tell them why – take your own cloth bags.
- Buy recycled goods.
- Reduce your food miles.
- Get hold of a sustainable supermarket guide and be a wise consumer.
- Avoid products in non-recyclable containers.
- Buy energy-efficient appliances when you need them.

- Take your money out of banks and other financial institutions that support the fossil fuel industry – and tell them why you are doing so.
- Give your friends and family gifts that support the environment and social justice - e.g. [www.treesisters.com](http://www.treesisters.com).
- Choose slow shipping.

## PLASTICS

- Carry a reusable bag.
- Pack a travel kit, e.g. bamboo cutlery, non –plastic food tray, straw and water bottle
- Buy in bulk.
- Use plastic-free containers.
- Buy used items
- Recycle “Good” plastics, e.g. clear plastic bottles, shampoo bottles, yogurt containers, toys and reusable food containers
- Wear natural clothes, e.g. cotton, wool, hemp and silk
- Do without – if it’s plastic or nothing, you can always choose nothing.

## COMMUNICATION

Tell people that 97% of climate scientists agree that climate change is happening and is caused by human behavior.

- Convey hope when discussing climate change. Remind people that there’s still time to take action on climate change and prevent the worst harms.
- Show other people that it’s normal to be green.
- Tell stories of people doing positive things for the environment.
- Show pictures and talk with people about the natural places you love.
- Tell people how good you feel when riding your bike to work.

- Leave visible (behavioral) traces of the things you do to protect the environment so that people can learn from your example (E.g., keep-cup on your desk, bike helmet swinging from your backpack).
- Be obvious about your environmental values.
- Break the silence on climate change by bringing it up whenever possible. This help others to see that people just like them are concerned and taking action.
- Encourage other people to express their concerns about climate change and make it 'normal' to do so.

## ELECTRONICS

- Spend less time idly swiping through your phone and more time engaging with the world around you
- Hang onto your smart phone for longer than 2 years.
- Recycle your phone per Maine's cell phone recycling law which states retail phone outlets must post in prominent location "we accept used cellular telephones at no charge.

## WITH KIDS

- Plant a tree for the future with them.
- Let them walk or ride to school and after-school activities (perhaps with you).
- Show them how you are working on climate change so they can have a better world to grow up in.
- Talk about ways you can reduce your carbon footprint as a family.
- Encourage teachers to talk about climate change (but without being scary).
- Encourage the school to model sustainability (paper recycling, energy efficiency).

- Encourage the school to engage students in climate change projects – e.g. tree-planting, letters to politicians about their hopes and fears for the future, putting on a play or concert on climate change, studying the effects on the Great Barrier Reef).
- Find ways of letting children have unstructured, unsupervised time in wild, natural places.

#### FOR ENTERTAINMENT, OUT AND ABOUT

- Refuse to buy bottled water. Take your own water bottle with you, and your own travel cup for take-away coffee.
- When you can, choose to eat in the restaurant rather than getting takeaway. Restaurants tend to use less packaging waste when dining in.
- When treating yourself, consider choosing services, like massages or dining out, rather than buying more ‘stuff’.

#### DO THINGS WITH OTHERS

- Get your school or college to start projects on climate change.
- Get your choir to sing climate change songs.
- Get your book club to read books on climate change.
- Have a dinner party with friends, family, colleagues or neighbors with a speaker on climate change.
- Put up posters on climate change at work.
- Invite your friends and colleagues to talks, films and other activities which focus on climate change.
- Use social media to share your concerns.
- Get onto email lists and social media platforms to keep in touch about climate change events.

## LOOK AFTER YOURSELF

- Acknowledge any painful feelings about climate change – anger, fear, despair, grief, guilt – and talk about them with others.
- Spend time with others who are actively working to prevent climate change.
- Choose climate change activities which make you feel good!
- Celebrate small successes.
- Remember taking action is the best remedy against anxiety about an issue.
- Look for and write out wise and motivating sayings - put them on your fridge and computer. Notice when you try to avoid thinking about climate change. It's ok to take a break from time to time, but not helpful if we start to minimize or deny the problem and stop taking action.
- When you feel hopeless – do one of the easier things on this list and notice the sense of accomplishment from just doing something!

## JOIN IN AND GET POLITICAL

- Join your local climate action group.
- Sign petitions on climate change (e.g. about coal mines, dirty power stations).
- Lobby against policies that place profit before the environment.
- Pressure your bank and superannuation fund to divest of fossil fuels.
- Tell your local, state and federal politicians that your vote depends on their climate policies. 89. Lobby your local council to divest of fossil fuels.
- Join groups pressing for the closure of coal mines, ports, and dirty power stations.
- Lobby for measures of progress which don't just rely on economic indicators.
- Join groups advocating for higher renewable energy targets.
- Join groups advocating for higher energy efficiency ratings for houses.

- Support groups that advocate for just climate policies that protect the most vulnerable in our society.
- Join in marches and rallies and protests, and bring your friends and family.

## LEARN MORE

- Learn some key facts about climate change and its impacts in the United States and around the world which you can share with others.
- Learn about which companies are the worst emitters of carbon and which are the best - and boycott the worst ones, tell them why, and tell your friends.
- Learn which banks and other businesses support the big carbon emitters - and boycott them, tell them why, and tell your friends.
- Learn about ways to prevent the worst climate change from occurring.
- Learn about the climate policies of political parties, share information with other people and use your vote to protect the climate.
- Learn about non-violent direct action.

## RESOURCES

- [www.ecomaine.org](http://www.ecomaine.org)
- [www.epa.gov](http://www.epa.gov)
- [www.foodandwaterwatch.org](http://www.foodandwaterwatch.org) (Smart Seafood Guide)
- [www.generationgreenthebook.com](http://www.generationgreenthebook.com)
- [www.rbrc.org](http://www.rbrc.org) (Rechargeable battery, battery recycling)
- [www.donotmail.org](http://www.donotmail.org); [www.catalogchoice.org](http://www.catalogchoice.org) (Take your name of unwanted mailing lists)
- [www.coopamerica.org/pubs/greenpages.com](http://www.coopamerica.org/pubs/greenpages.com) (Categorized by state, tips for greener living)
- [www.thetreehugger.com](http://www.thetreehugger.com) (Rates greenness of products)
- [www.treesisters.org](http://www.treesisters.org) (Take the pledge to plant a tree)

- [www.thegreenguide.com](http://www.thegreenguide.com) (National Geographic Green Guide)
- [www.projectkopeg.com](http://www.projectkopeg.com) (Recycle Ink Cartridges)
- [www.lifewithoutwater.com](http://www.lifewithoutwater.com)
- [www.plasticfilmrecycling.org](http://www.plasticfilmrecycling.org)

### **Ways to Conserve Water**

There are a number of ways to save water, and they all start with you.

- When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
- Use the garbage disposal sparingly. Compost vegetable food waste instead and save gallons every time.
- Wash your fruits and vegetables in a pan of water instead of running water from the tap.
- Collect the water you use for rinsing fruits and vegetables, and then reuse it to water the houseplants.
- Don't use running water to thaw food. Defrost food in the refrigerator for water efficiency and food safety.
- Keep a bucket in the shower to catch water as it warms up or runs. Use this water to flush toilets or water plants.
- Monitor your water bill for unusually high use. Your bill and water meter are tools that can help you discover leaks.
- We're more likely to notice leaks indoors, but don't forget to check outdoor faucets, sprinklers and hoses for leaks.
- Put food coloring in your toilet tank. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it can save up to 1,000 gallons a month.
- If your toilet flapper doesn't close after flushing, replace it.

- If your toilet was installed before 1992, reduce the amount of water used for each flush by inserting a displacement device in the tank such as a filled plastic 2-liter soda bottle or a brick.
- When running a bath, plug the tub before turning the water on, and then adjust the temperature as the tub fills.
- Keep a bucket in the shower to catch water as it warms up or runs. Use this water to flush toilets or water plants.
- While staying in a hotel or even at home, consider reusing your towels.
- When at home, consider reusing your towels.